



Air Force Prime Time, a weekly news magazine for and about airmen stationed overseas, airs Thursdays at 8:25 p.m. Central European Time on AFN television. In this week's edition, follow Royal Air Force Lakenheath's 48th Medical Group to Mozambique, Africa, for MEDFLAG 2001, see what it takes to set up a clinic in a remote African village and more.

News briefs

Revised shuttle schedule

The 52nd Transportation Squadron revised the Eifel shuttle schedule. The new, expanded schedule offers a more predictable shuttle service to Eifel residents.

The new schedule is available on the Spangdahlem Air Base Intranet site, accessible on government computers at <http://intranet.spangdahlem.af.mil>.

For more information, call vehicle dispatch at 452-6645.

Helmet inspection

The 52nd Medical Group holds a safety helmet inspection Aug. 21 from 6-8 p.m. at the Bitburg Middle School parking lot and at the Spangdahlem Middle School parking lot.

Greenery recycling

Spangdahlem Air Base instituted a compost contract recently. Containers marked, "Green waste only," will be available for grass and shrub clippings, tree limbs and dead flowers at Spangdahlem AB and Bitburg Annex recycling centers. Call 452-5124 for more information.

Longer gas station hours

Spangdahlem Air Base's gas station holds a 90-day expanded hours test. The facility operates 6 a.m. to 8 p.m. Monday through Saturday and 8 a.m. to 7 p.m. Sunday, according to Stan McGhee, AAFES manager. Depending upon use, McGhee may extend the hours even further.

Munitions inventory

The munitions storage area suspends all transactions Sept. 4-30 to conduct a 100 percent stockpile inventory. During the inventory, only emergency requests submitted in accordance with directives will be processed.

For more information, call Master Sgt. Robert Keyser at 452-6230.

Air Force Ball

The Company Grade Officer's Council-sponsored Air Force Ball takes place Sept. 7.

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Eifel Times

Vol. 35, Issue 27

Spangdahlem Air Base, Germany

Aug. 10, 2001



Gen. John P. Jumper, currently the commander of Air Combat Command, was confirmed by the Senate Aug. 3 to be the Air Force's next chief of staff.

Jumper next chief of staff

By Master Sgt. Rick Burnham
Air Force Print News

WASHINGTON — Gen. John P. Jumper, currently commander of Air Combat Command, was confirmed by the Senate Aug. 3 to be the Air Force's next chief of staff. Jumper was nominated by the president in July to succeed Gen. Michael E. Ryan, who retires in September.

During the confirmation hearings, which concluded earlier in the week, Jumper sat before a committee that included Carl Levin of Michigan, chairman of the Senate Armed Services Committee; John Warner of Virginia; Max Cleland of Georgia; Ben Nelson of Nebraska; Jean Carnahan of Missouri; and Jim Inhofe of Oklahoma.

Accompanied by wife Ellen, the Paris, Texas, native answered questions on a variety of subjects from the group, ranging from upgrades of the B-2 bomber to use of GI Bill educational benefits by Air Force family members.

The general said his priorities for the force in the coming

years would mirror those of Secretary of Defense Donald Rumsfeld and Secretary of the Air Force James Roche.

"I intend to follow the objectives put forth by Secretary Rumsfeld and Secretary Roche that include transformation, readiness, retention and recapitalization," he said.

"Transformation is, and always will be, a key issue because the Air Force is inherently transformational — constantly adapting ourselves to new threats and leveraging new technology in order to posture ourselves to face the challenges of an uncertain future. Our greatest challenge remains the requirement to advance new capabilities while maintaining the robust readiness required to meet day-to-day warfighter requirements.

"It is imperative we develop our Global Strike Task Force, a kick-down-the-door force that will assure access and aerospace dominance for all our joint forces."

See Jumper, Page 2

State department changes law for children's passports

New rule requires consent of both parents to obtain passports, visas for children under 14

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — Under a new law that went into effect July 2, the State Department now requires both parents'

consent to obtain passports and visas for overseas travel of children younger than 14.

The intent of the law is to lessen the chance that parents can abduct their children and use U.S. passports to escape with them overseas, said John M. Hotchner, acting managing director of the State Department's office of passport services.

The State Department is working on about 1,000 overseas child abduction cases, he said.

The law affects service members, who are required to secure passports for spouses and children accompanying them to overseas duty stations, Hotchner said.

Service members themselves don't require passports, because they fall under military Status of Forces Agreements, he said.

Department of Defense civilian employees are required to secure passports

for themselves and nonmilitary family members who will be accompanying them to overseas duty assignments, Hotchner said.

"Under the new law, both parents must now be present to sign for the application forms," said Rita Merkes, 52nd Mission Support Squadron personal affairs assistant.

See Passports, Page 2



Senior Airman Esperanza Berrios

HOT? You call this HOT?

Master Sgt. Tilmon Hodges, left, 52nd Medical Group first sergeant, Master Sgt. Kenneth Smithee, 52nd Aerospace Medicine Squadron, and Col. Joe B. Drane, 52nd MDG commander, sample chili Aug. 3 at the 52nd Dental Squadron-sponsored chili and dessert cook-off. The chili cook-off winner was Tech. Sgt. Terrell Murray, 52nd Operations Group. Tammy Swihart, wife of Staff Sgt. James Swihart, 52nd DS, won the best dessert title with her pudding cake. The contest doubled as a squadron luncheon.

Jumper

Continued from Page 1

Along those lines, the general said readiness — being ready to kick down the door if and when the requirement comes to do so — is critical to any combat force.

“Readiness is the heart and soul of our ability to perform our mission on a day-to-day basis, and is the hallmark of our combat capability,” he said.

Unfortunately, he added, the readiness of today’s force has declined from previous levels.

“Our overall Air Force readiness is lower than any time since June 1987. We are capable of winning today, but we’re concerned about trends in readiness indicators such as aging aircraft, constrained resources and parts, and retention.”

Improved retention rates, said Jumper, are key to the future of the Air Force.

“People are our most vital resource,” he said. “We can only be successful through the energy and dedication of skilled and motivated personnel.”

He said today’s airmen, particularly second-term and career airmen, have been over-tasked for a number of years.

“These airmen are the backbone of our enlisted force,” he said. “They endure the increased load of having to train our new accessions plus carry out the day-to-day work required of experienced technicians.”

A number of factors contribute to that burden, Jumper said, those factors will be directly addressed.

“Wages, the high-operations tempo, quality-of-life issues and leadership are key issues our people consider when making the decision to re-enlist,” he said. “In addition, more must be done to improve not only quality of life for airmen, but also quality of service.

“This is why recapitalization is also a key issue to today’s Air Force. Quality of life issues are terribly important to attract and retain great people, but so is quality of service. Quality of service addresses the need to ensure we give our airmen the proper tools to do the tough jobs we ask them to do. We must recover from a decade-long spending hiatus to provide the tools our airmen need to fly, fight and win. Therefore, I will ensure an effective balance between quality of life and modernization spending is maintained.” (Air Force Print News)

Briefs

Continued from Page 1

Social hour starts at 6 p.m., with dinner starting at 7 p.m. This year’s theme is “NATO and Spangdahlem Air Base United in Airpower.”

Tickets are available now by e-mailing unit first sergeants or designated points of contact.

AFSA meeting

The Air Force Sergeant’s Association holds its monthly meeting Wednesday at 11:30 a.m. in the Spangdahlem Air Base community activities center. Lunch will be provided.

Passports

Continued from Page 1

“They must also present the child’s birth certificate with both parents names on it and picture IDs. In the case of a single parent, he or she would bring in the child’s birth certificate with that parent’s name printed on it.”

If one parent is unavailable due to geographical separation for an assignment, divorce or other reasons, the parent applying for the child needs a non-notarized letter of consent from the other parent, she explained. The letter should state the non-present parent provides permission to take the child or children overseas and may be sent via facsimile machine, according to Hotchner.

Separated or divorced military or DOD civilians with sole custody agreements shouldn’t have a problem obtaining passports for their children under the new law, Hotchner said.

“It is fairly easy if there is a custody order,” he said. “If one parent has sole custody, then consent from the other parent isn’t necessary.”

Hotchner said the new law complements an existing program that allows parents concerned about possible abduction to register a child younger than 18, with the

For more information on obtaining a passport for your child, call Rita Merkes at 452-6813

State Department’s office of children’s issues. The custodial parent files a copy of the (sole) custody order with the State Department. Should the noncustodial parent then apply for a passport, it would not be issued, he said.

Ultimately, Hotchner said, the parents themselves must resolve issues affecting their children’s passports.

“We’ll take a look at any kind of documentation that an individual parent wants to submit that will help to overcome the presumption that there should be a second parent signing the passport application,” he said.

“... They’ll have to work it out between themselves and, if necessary, resort to the courts to get it settled,” Hotchner said, referring to instances when one of the parents simply will not consent or participate in the process.

A court-sanctioned custody agreement between separated or divorced parents can award custody to an individual parent and require the couple work out travel arrangements, Hotchner said. For instance, it can be written to prevent a child from going abroad without both parents’ permission. (Localized Air Force Print News story)

Accidents

(Editor’s note: The term *airman* in this article does not necessarily mean Air Force people in the grades E-1 through E-4, but a generic term for all Air Force members.)

By Staff Sgt. Edward D. Paxton
52nd Security Forces Squadron Reports and Analysis

Team Eifel experienced 13 vehicle accidents, two of which were major ones.

The first major accident happened on base, adjacent to the Spangdahlem Air Base Chapel. An investigation revealed an airman was inattentive to his surroundings. He failed to check both ways prior to proceeding into traffic and hit another airman’s vehicle. The driver of the hit vehicle was transported to the Bitburg emergency room with complaints of neck pains. Both vehicles sustained minor damage.

The other took place on B-50 when an airman lost control of his vehicle, hit a ditch and rolled three times. Investigation revealed the airman was driving his vehicle while impaired. The airman was transported to the Bitburg ER for complaints of chest pains. The vehicle was totaled.

The 11 minor accidents involved:

- Two for speed too fast for road conditions.
- Three accidents occurred while backing.
- Six were from inattentive driving.

Also, 24 citations were issued.

Keep in mind these driving tips:

Effective April 1, the alcohol limit dropped from .08 to .05 in Germany. In accordance with Air Force Instruction 31-204, where state or local authority uses a more stringent standard, the Air Force units will adhere to the more stringent standard. A one-year revocation of driving privileges is mandatory by the installation commander when an individual is in violation.

Please write down and keep in mind the following alternative rides.

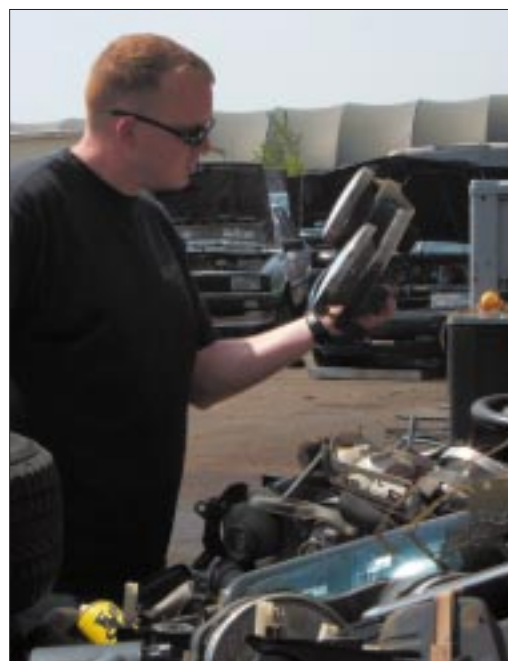
AADD	0656561-2233
Taxi- Spangdahlem Air Base	06565-951010
Taxi-Bitburg Annex	06561-17066

Also, when in doubt, call your chain of command.



Photos by Senior Airman Jennifer Lindsey

Tom Murray moves a stripped car to a recycling pile using a forklift. After all a car's usable parts have been removed, a local recycling agency picks up the car shell for additional stripping and recycling. The cars are also used by the base fire department to practice with the "Jaws of Life," and by the explosive ordinance disposal flight to practice car-bomb disarming procedures.



Staff Sgt. Sean White, 752nd Munitions Support Squadron, Volkel Air Base, the Netherlands, searches for a BMW light assembly while at Spangdahlem Air Base.



Tires sit piled behind the cars from which they were removed. The base used car parts lot sends worn tires and rims to local agencies for recycling.



Adol Adoleze gets a long-handled socket wrench to finish removing a part from a car on the lot. If he doesn't find the right sized socket to do the job, he can borrow one from the lot.

Used car lot

'Til death do us part (or repair and sell)'

By Senior Airman Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

Inside a fenced lot on Perimeter Road, just east of the Binsfeld Gate, hundreds of seemingly abandoned, rusting cars sit in rows awaiting some morbid end to a well-used life. To the untrained eye, the lot looks like an auto graveyard where old cars go to die, but to mechanics, it's used parts heaven.

The 52nd Services Squadron Used Car Parts Lot gives otherwise unwanted autos another purpose by selling reusable vehicle parts to people in the military community needing to make their cars roadworthy once again. It also offers military members a place to "donate" unwanted vehicles.

When cars are donated to the lot (the lot charges a \$35 turn-in fee to cover the cost of draining all the fluids to meet environmental standards), it's deemed repairable or more suitable for selling reusable parts. Repairable cars and those donated because they couldn't be sold before the owner PCS'd are brought up to standards and sold at about half of the average selling price based on their condition, said Tom Murray, the lot manager.

About 10 months ago, Staff Sgt. Thomas Kietur purchased a used Chevy Beretta as a second car. Recently, he returned to the lot to purchase a car hood and a light assembly from a GTZ and another Chevy Beretta. He was quoted \$55 for both.

"That's fair. I'll take it," Kietur told the lot manager while making the deal. He was then off to get some tools to dismantle the needed parts. Loaner tools are also available at the lot.

The used car parts lot has been offering deals for 10 years or more.

"The lot is here as a service for the people of the military community," said Murray. He's had people from Heidelberg, Belgium, the Netherlands, Beuchel Air Base,

Germany, other geographically separated units in Germany and some from Ramstein Air Base looking for parts.

Lot customers range from racing pit crew wanna-bes to those who only know what part they need and its number. Murray even suggests customers bring in the part to be replaced if the number can't be found to match up parts before purchasing. Once the necessary part is found, for \$20 per hour, a lot mechanic can get the part for a customer, if needed. The customer in turn can take the automobile and the part to an auto repair shop willing to install used parts (the shops on Spangdahlem Air Base and the Bitburg Annex do). If the car isn't running, the lot also offers towing service at \$30 for an on-base tow or the first 10 kilometers.

The lot averages more than 200 vehicles to choose from for parts, including cars, trucks and trailers. Old tires are also salvaged for recycling.

"Everything here is recycled one way or another," Murray explained.

Profits made through auto and parts sales and other services are funneled into non-appropriated funds to help supplement youth sports and other NAF programs.

All parts are sold as-is at a fraction of the cost of new; however, they aren't negotiable as they're set by a council. Also, if a part doesn't fit or doesn't work, the lot will replace it or give the customer lot credit for equal value, Murray said.

"Using the lot saves a (great deal) of money," said James Edmondson, lot parts and tools attendant, and former racecar mechanic. "If a person doesn't know how to do a repair job, we'll explain how to replace it."

"We don't charge consultation fees," Murray joked.

Offering the military community affordable options to unloading unwanted vehicles, fixing a "beater" or to improve a classic is what the used car parts lot is all about. One man's junker may turn out to be another man's treasure and end up saving a fellow servicemember a small fortune.

Rhine to be set 'in flames' Saturday

Annual festival in Koblenz lights up castles with firework displays, more on shore of local river

By Iris Reiff
52nd Fighter Wing Public Affairs Office

Rhine AFlame lights up the countryside Saturday in Koblenz. This is the 45th consecutive year that castles, old half-timbered houses and the Rhine shore illuminate the skies. Firework displays top off the celebrations along the river between Braubach, Spay and Koblenz.

Koblenz celebrates this annual festival with a number of special attractions, including an amusement park. Events begin at 2 p.m. and entertainment is scheduled near the famous Deutsche Eck, or German Corner, where the Rhine and Mosel Rivers meet. Several bands from Germany and elsewhere start their performances early in the evening near the Rhine River bridge.

Dance music goes on at the Rhine-Mosel hall all night.

Illuminated hot air balloons will park along the Mosel River shore at 10 p.m. More than 60 decorated passenger ships, making up the largest flotilla of Europe, with 30,000 spectators aboard, cruise down the Rhine passing illuminations, arriving in Koblenz at 10:30 p.m.

People can see this event from the banks of the river or from the hillside on either side of a 17-kilometer stretch of the Rhine. While the brightly illuminated fleet slowly glides down the Rhine, the adjacent towns with their romantic buildings, fortresses and castles are bathed in Bengal light. Eight displays of fireworks along the way light up the evening sky at Spay, Braubach (Marksburg castle), Brey, Rhens, Lahnstein and Koblenz. The initial fireworks display kicks off at 9:30 p.m. in Spay, while the final and biggest one will start at about 10:30 p.m. from the Koblenz Ehrenbreitstein castle.



Courtesy photo

Firework displays light up the area at the Koblenz Festival. On Saturday, people can see the Rhine River and surrounding areas "in flames." Typically, around 500,000 people visit the festival.

The town and river shores will all be illuminated by this time. Food and beverages, as well as some of the finest Mosel wines, will be available at stands set up along the streets.

Nearly 500,000 spectators come to the Koblenz festival

every year. People who plan to drive should arrive early to find parking and a good spot to watch the fireworks.

Koblenz is about 100 kilometers northeast of Spangdahlem Air Base and can be reached via Autobahn 48 from Wittlich.



Out and about



■Hahn In Motion offers the largest air show of Germany as well as entertainment Aug. 18-19 at the former U.S.-operated Hahn Air Base. There is an evening concert Aug. 18.

The doors open at 9 a.m. both days. Entertainment is scheduled between 10 a.m. and 6 p.m. Entry is 25 DM for adults and 15 DM for ages 4-14. Family tickets and reductions are available. For more information call the service hotline at 01805-934518 or visit www.hahn-in-motion.de. This will attract large crowds of visitors.

■Enjoy local wine festivals tonight through Sunday in the Mosel towns of Uerzig and Kesten.

■Plan to attend the Bernkastel-Kues Middle Mosel wine festival Aug. 30 through Sept. 9.

■Enjoy the AvD-Oldtimer-Grand-Prix today through Sunday at the Nürburgring race track. For more information, visit www.avd.de.

■Visit the 800-year anniversary

celebrations of Oberkail, a neighboring community of the base. The entertainment program scheduled today through Sunday includes music, fun and historical displays. The community welcomes its American neighbors to the unique festival.

■Shop at a flea market Sunday inside and outside the Kroev Hall, at the Pruem Mehrzweck hall, in front of the Schweich Edeka store, at the Trier Messepark fairgrounds and at the Mainz university parking lot.

■Manderscheid holds its annual historical castle festival Aug. 25-26. More information will be printed in an upcoming issue of the Eifel Times.

■Get your tickets now to see Thomas Schwab and Band performing one of its highlight rock and pop summer night performances Sunday at the Trier Amphitheater. The event starts at 8 p.m. and tickets typically sell out quickly. For more information or tickets, call 06531-94407.

■The Dudeldorf Sports Club Mixery-Caribic-Night takes place Aug. 17. It features the Gogo Girls, a giant foam cannon and a Caribbean cocktail bar. Entry is 8 DM.

■Get ready for the 2001 Wittlich Pigburners festival taking place Aug. 17-20. A festival schedule will be printed in the Eifel Times.

■People interested in joining a Linux users group based in Geilenkirchen, Germany, should contact Chris Bragg at chris@gklug.org or visit the group's Web site at <http://gklug.org>.

■People interested in playing paintball games each Saturday should contact Morgan Bowker at morgan@topsurlf.com or call 06568-93063.

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Information, Tickets and Tours offers the following tours in August. Call the Spangdahlem Air Base Community Activities Center at 452-6567 or the Bitburg Annex

community center at 452-9120 for details.

■Rhein in Flames, Saturday. Cost is \$89 per person.

■Cochem Castle medieval dinner, Saturday. Cost is \$65 per person.

■Belgian grottos and safari park, Saturday. Cost is \$35 for children, \$45 for adults.

■Castles of the Eifel, Sunday. Cost is \$30 for children, \$35 for adults.

■Paris overnight, Aug. 18-19. Cost is \$130 for children, \$185 for adults.

■Wittlich Pig Festival, Aug. 18. Cost is \$10 for ages 3-10, \$15 for adults.

■Koln city and chocolate museum, Aug. 18. Cost is \$35 for adults, \$30 for children.

■Rhine River cruise, Aug. 19. Cost is \$29 for children, \$39 for adults.

■London express, Aug. 24-25. Cost is \$89 for ages 3-12, \$90 for adults.

■Manderscheid Jousting Festival, Aug. 25. Cost is \$20 for ages 3-12, \$25 for adults.

■Disneyland Paris and fireworks show, Aug. 25. Cost is \$85 for ages 3-11, \$95 for adults.

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The outdoor recreation program sponsors the following trips in August. Call 452-7176 for details.

■Cave tour and toboggan riding in Holland, Saturday and Sunday. Cost is \$25 per person.

■Eifel Park for ages 6-12, Wednesday. Cost is \$15 per child.

■Conquer the Zugspitz, Aug. 17-20. Cost is \$165 for people 14 and older.

■Imaginary camping trip for ages 3-5, Aug. 22. Activity is free.

■Luxembourg city bike tour, Aug. 25. Cost is \$25 for people 14 and older without bike rental, \$30 with bike rental.

■Holland North Sea kayak and bike trip, Aug. 31-Sept. 3. Cost is \$150 for people 14 and older.

Movies

All movies play at 7 p.m. unless otherwise indicated.

Bitburg Castle

Today

A.I.: Artificial Intelligence (PG-13)

In the future, mankind depends upon computers and robots with artificial intelligence to maintain its way of life. This is the story of a robot's emotional journey toward becoming something more.

Saturday

Kingdom Come (PG, 4 p.m.)

The best and the worst of the Slocumb family are on display when Woodrow "Bud" Slocumb keels over from a stroke. As the town swelters in the summer heat, family tensions reach a boiling point as the Slocumb clan comes together to remember their dearly departed.

A.I.: Artificial Intelligence

Sunday

Kingdom Come (4 p.m.)

Angel Eyes (R)

While pursuing a suspect, officer Sharon Pogue nearly becomes the victim of a fatal ambush until a mysterious stranger named Catch intervenes, disarms the assassin and saves Sharon's life. A stroke of luck? A twist of fate? Maybe, but Sharon and Catch have met once before.

Closed Monday and Tuesday

Wednesday

The Brothers (R)

Thursday

The Tailor of Panama (R)

British spy Andy Osnard may have been banished to Panama, Central America, but he's got a secret weapon — Harry, an ex-con who has reinvented himself as a tailor to the rich and powerful. Famous for his storytelling, Harry inadvertently sets off a chain of events that threatens his new home and everything he values.

Spangdahlem Skyline

Today

Cats and Dogs (PG)

There's a secret war being waged in Earth's homes and neighborhoods that humans don't know about — an eternal struggle between cats and dogs. Cats plan to destroy a new vaccine, that if developed, would destroy all human allergies to dogs.

Saturday

Cats and Dogs

Sunday

Shrek (PG)

A hideous green monster, Shrek, sets out on a quest to find the perfect wife for a king - and terrifies everyone he meets during his adventures.

Monday

What's the Worst That Could Happen? (PG-13)

A billionaire catches a thief robbing his mansion. To get even with him, he takes the thief's lucky charm ring. Deprived of his good luck charm, and faced with a future of bad luck, the thief begins wreaking revenge on the tycoon.

Tuesday

What's the Worst That Could Happen?

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 452-9441.

Make plans to 'fly up, up and away' in hot air balloons this weekend

By Iris Reiff
52nd Fighter Wing Public Affairs Office

You don't have to be in a festive mood to enjoy the 12th European Balloon Festival taking place today through Sunday on the Bernkastel-Kues Plateau. This event has become popular during the years and attracts balloonists throughout Europe.

About 35 to 40 hot air balloons, among which will be a cat's head, a fox, a tea pot, and a boat take off into the skies four times. A limited number of rides are offered at the event. Cost is 350 DM for each person 12 and older. Reservations must be made in advance at 06531-5080.

The first take-off is Friday at 6 p.m. It returns at 9 p.m.

Those staying on the ground can watch the balloons take off and land, take photographs and just enjoy the festivities.

Friday plays host to a variety of events, including an oldies party, scheduled from 8 p.m. to 2 a.m. A balloon competition is also scheduled, as well as show band performances, children's entertainment and lots of food and beverages. The highlight of the night is a balloon illumination event, which offers a good opportunity for photos.

Saturday's activities start at 6 a.m. with the second take-off of all balloons. The teams return at 9:30 a.m. where breakfast is available for all guests to purchase at the festival tent. An early morning concert follows.

A great balloon rider's party starts at 2 p.m., providing fun for all. Highlights are cart races, a jumping castle, a welcome by cartoon figures, and more. Cold beverages, ice cream, coffee, cake and snacks will be available throughout the party. There's also a raffle where people can win a car and other prizes.



The Bernkastel-Kues Festival typically hosts 500,000 people during their three-day balloon meeting.

The third take-off is at 6 p.m. Live music and a barbecue is available after 7:30 p.m. for all guests who stay on the ground. The balloon teams return at 9 p.m. and join in the fun.

The fourth and final take-off is planned for 6 a.m. Sunday, providing a last opportunity for rides. The teams land in time for breakfast at 9:30 a.m., followed by entertainment. The afternoon has a schedule for families. Entertainment, a barbecue,

games and raffles, a magician, a jumping castle, model balloons and food and beverages await the guests.

The 12th European Balloon Festival ends about 5 p.m. Throughout the three days of the event, people can also observe model balloon competitions.

Entry to all events is free.

For more information about the balloon festival call the Moselpark Hotel at 06531-5080 or email info@moselpark.de.



People can see balloons such as these at the Bernkastel Kues Festival. For 350 DM, people can ride in a hot air balloon.



Community Mailbox

SMS news

New student orientation takes place at 10 a.m. Wednesday at the Spangdahlem Middle School.

Substitute teachers

Bitburg Elementary School accepts applications for a substitute nurse, substitute teachers and lunchroom monitors for next school year. Call BES at 452-9131 for more information.

Family support center news

■ Travel to Bernkastel, Germany, Sept. 1. Trip includes lunch at a vineyard and a wine probe, a Mosel River cruise and the local wine festival. Cost is \$40 per person. Registration deadline is Aug. 27. Call 452-9491 for details or to register.

The following classes take place in building 307 on Spangdahlem Air Base. Call 452-6422 for details or to register.

■ Deployment briefing, 8-9 a.m. Tuesday, Aug. 21 and 28.

■ Basic investing, 6-8 p.m. Tuesday.

■ Mutual fundamentals, 6-8 p.m. Aug. 21.

■ European job seekers, noon to 1 p.m. Aug. 27.

■ Individual Retirement Accounts, 6-8 p.m. Aug. 28.

The following classes take place in building 2001 on the Bitburg Annex. Call 452-9491 for details or to register.

■ Resume writing, 8-11 a.m. Aug. 21.

■ Deployment briefing, 8-9 a.m. Wednesday, Aug. 22 and 29.

■ Tap seminar, 8 a.m. to 4:30 p.m. Monday-Aug. 17. Civilian attire encouraged.

■ Sponsorship training, 3-4:30 p.m. Thursday.

■ Home buying, 6-8 p.m. Aug. 23.

■ Book club discusses "Ladder of Years," by Ann Taylor, 6-8 p.m. Aug. 28.

■ Travel by train to Luxembourg, 7:30 a.m. Aug. 31. Cost is 50 DM. Meet at the Bitburg Annex commissary.

Skill development center news

The following classes take place in building 189 on Spangdahlem Air Base. Call 452-6841 for details.

■ Tole painting, 5:30-7:30 p.m. Aug. 20. Cost is \$12.

The following classes take place in building 2002 on the Bitburg Annex. Call Crafts Corner at 452-4141 for details or to register.

■ Tole painting, 5:30-7:30 p.m. Aug. 22. Cost is \$12.

■ Basket weaving, 5-9 p.m. Aug. 23. Class fee is \$25. Supplies cost \$15.

Catholic information

Masses for the assumption of the blessed Virgin Mary are Wednesday at 11:45 a.m. and 5 p.m. at the Spangdahlem Air Base chapel and 7 p.m. at the Bitburg Annex chapel.

For more information, call 452-6711 or 6281.

Pre-school opportunities

■ The Bunny Club meets at 10 a.m. each Thursday in the Bitburg Annex building 2, stairwell 7-8 playroom. Read your child a favorite story Thursday and enjoy free play Aug. 16. Call Michelle Linnen at 452-3130 for details.

■ Ready, Set, Grow meets at 11 a.m. each Wednesday in Bitburg Annex building 2, stairwell 7-8 playroom. Call Sharon Gilmore at 452-3130 for details.

■ The Spangdahlem playgroup meets at

11:30 a.m. each Thursday in the playroom of building 161. Call Terrie Hostetter at 452-8279 for details.

■ Story hour takes place at the Bitburg Annex Library at 9:30 a.m. each Wednesday and at the Spangdahlem Air Base Library at 9:30 a.m. each Thursday. Call 452-6203 or 452-9056 for details.

Project Kidcare

Sponsored by the Spangdahlem Base Exchange and the security forces squadron, parents can have their children's photo and fingerprints taken from 1-4 p.m. Saturday at the store. For more information, call Teresa Gaskins, BX manager, at 452-7017.

Gospel event

Gospel Extravaganza 2001 takes place at 3:30 p.m. Saturday in the Bitburg Annex chapel.

Girl Scouts

Twilight camp takes place on Spangdahlem Air Base from 5-8 p.m. Aug. 22-24 for girls ages 5-17.

Call Amy Bills at 06561-942085 or e-mail rajarbills@yahoo.com to have a registration form and information sent to you. Early registration cost is \$15 for registered Girl Scouts and \$22 for non-registered girls. Also, volunteers are needed to help with the event. Call Mickey Medlin at 06565-955865 or e-mail jmlmedlin@netscape.net to volunteer.

Education office news

Veterans Education Assistance Program participants are eligible to convert to the Montgomery GI Bill through Oct. 31. Certain eligible active-duty members have the opportunity to increase Chapter 30 benefits by \$5,400 by making a maximum contribution of \$600.

Call the base education office at 452-6063 for more information.

Postal appointments

People who need to mail five or more boxes can call the Spangdahlem Air Base Post Office for appointments at 452-7182 or 452-7195 and ask to speak to the finance section. Appointments are available 9-10 a.m. Monday through Friday.

Bulldog cookbook

The Spangdahlem Middle School Parent, Teacher and Student Association accepts favorite family recipes for the Bulldog cookbook, which will be available for purchase. E-mail recipes to SMS_PTSA@hotmail.com or deliver them to the middle school office throughout the summer. Call Mia Checkley at 06565-933303 for more information.

Married for life

The Eifel Christian Community Association sponsors a Married for Life Fellowship Dinner Aug. 17 at 6:30 p.m. at the Spang Club. Call Bob Lesane at 452-6331 or 06561-942981 or visit the Web page at <http://MFL.ETF-Ministries.org> for more information.

PTSA meeting

Spangdahlem Middle School hosts a Parent, Teacher and Student Association meeting, discussing the fall carnival, Tuesday at 6:30 p.m. in the SMS library.

Call 452-7205 for more information.

German-American club

Join one of several local German-American women's clubs for practicing language skills.

Call Nicole Pendley at 06561-949101 or Uschi Lafrenz at 06561-7769 if you are interested in attending English, German, Spanish or French conversation groups. Fluent speakers and beginners are welcome.

Free aerobics classes inspire fitness frenzy

By Senior Airman Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

The lack of time, money and motivation is the root of many common problems - but not when it comes to Eifel military community fitness thanks to the 52nd Services Squadron's new free aerobics program.

Four free classes take place at various hours Monday through Saturday in the Bitburg Annex and Spangdahlem Air Base fitness centers. Each class offers toning and fitness techniques varying as much as the instructors' individual personalities.

Currently, classes take place 6-7 a.m. Monday through Friday; 5:30-6:30 p.m. Tuesday, Thursday and Friday; 6:30-7:30 p.m. Monday and Wednesday; and 9:15-10:15 a.m. Saturday on Spangdahlem AB. Classes also take place 5:30-6:30 p.m. Monday, Wednesday and Friday on Bitburg Annex. However, some class hours may change with the addition of lunch-hour workouts, making aerobic fitness available for a variety of work schedules.

The program includes body toning, circuit training, step aerobic and strength (better known as LAB — Legs, Arms and Butt) training classes. Some classes are tougher than others, but they're all designed to improve cardiovascular health and muscular strength. Each instructor conducts each type of class a little differently, based on their personal preferences.

Staff Sgt. David Palumbo, 52nd Operations Squadron weather forecaster, and Staff Sgt. Edgar Casillas, 52nd Communications Squadron records manager, participate in the free aerobics classes five nights weekly to supplement their weightlifting routines. Both tried a class about three months ago on invitation and immediately found the classes an enjoyable challenge.

"My wife convinced me to come along



Photos by Senior Airman Jennifer Lindsey

"Libby" works out with her Thursday evening circuit training class in the Spangdahlem Air Base fitness center.

with her one day," Palumbo said. "At first I was a little skiddish, but the instructor that day, John Rivera, made me feel welcome. He seemed excited about another guy taking the class, which was really supportive."

"Circuit training provides the hardest workout," he continued. "I worked out (in the weightroom) for three years and couldn't get the same results as fast as I do here. It's the staple of my workout regimen now. There are guys who walk by the class, look in the window and laugh, but they only wish they had the 'cajonas' to try and finish a whole workout."

John Rivera, base aerobics program coordinator and instructor and Capt. Shawn Campbell, 52nd Services Squadron Combat Support Flight commander, worked with base leadership to implement the free aerobics program. After the funding was granted, the services squadron-program kicked off May 1 as a way to offer more

fitness options for members on weight management and fitness program and to military family members on a space available basis. Although active-duty members enjoyed having the additional fitness option, they weren't the only people benefiting.

Within the few months free aerobics have been available, Rivera has received nothing but positive inputs from people throughout the military community on the program. A few include a diabetic patient who's doctor says the classes have helped improve her health, weightlifters who attend classes to increase their muscular endurance and others who have experienced increased health and morale as they lost tens of pounds through regular attendance and improved diet.

"I think that's just super," Rivera said. "It's wonderful how the program actually helps people gain control of their lives and feel better about themselves."

"I believe the body is the temple of the soul. Our whole means of existence depends on how well we care for it. We have to be proud of who we are and the reflection we see in the mirror daily. When we feel good about ourselves, then we feel good about life, relationships and our work improves."

Regular aerobic workouts also aid mission readiness as they help in controlling personal stress levels, aid in weight loss and improve cycle ergometry test results by increasing muscular strength and endurance levels, Rivera said. However, the course isn't just for people on the weight management program.

"I want to keep it positive by offering it to everyone wanting to stay fit in the military community, on a space available basis," he said. "We want to keep it fun. That's because exercise is fun and when people have fun at something, they want to come back — it becomes a hobby and eventually a lifestyle, which ultimately leads to success!"

Currently, the program is in a test phase and its funding is only temporary.

"We would like to keep it long term, but it all depends on funding availability. There are a lot of funding demands, including mission essential needs, the program is going up against," Campbell said.

Demand is a small, but important part of the funding equation, Campbell explained. The more military members consistently attend and benefit from the program, the more base leadership can seriously consider supporting the program on a funds-available basis.

If funding for next year doesn't come through, the paid aerobics classes are still available for only \$3 per class or \$25 monthly as another fitness option. Paid classes are also a good option for people who aren't able to fit the free classes into their work schedule, Campbell said.

Class observations

After hearing about the free aerobic classes and getting bored with working out on fitness center cardio machines, I sampled some of the new aerobics classes for a week. This is what was observed:

Body toning with "Tonya"

Maintaining proper form is essential to gaining fitness benefits. Count on Tonya walking around the class ensuring everyone properly executes "just a few more reps," and reminding all that burning sensation in the thigh is a good thing.

Body toning class is designed to increase fitness from head to toe and Tonya kept true to the promise as the class bounded through an assortment of shoulder, tricep and calf raises, crunches and squats to an aerobic beat.

The class is done at a low to moderate pace as participants can increase and decrease the difficulty level as desired, or needed.

It's surprising how challenging

the "weights-free" isolation exercises can be. The class is also ideal for those who are "coordination-challenged."

LAB with "Christy"

"Concentrate and squeeze!" Christy repeats throughout the squats portion of the class. "I want to see ugly butts!"

Squeezing and concentrating on specific muscle groups is what LAB (Legs, Arms and Butt) is all about. Following Christy, the workout can be demanding, but the class is designed to allow participants to work at a low to moderate impact.

So when Christy instructs everyone to "lift that leg" for the second rep in the second set, but it won't go up anymore, participants can opt to not use such heavy weights until their muscles get used to doing the exercise. Speaking from experience, it helps.

Circuit training with "Libby"

"Never say never," is Libby's

circuit-training mantra. She prefers to see people ease up on an exercise rather than stop the resistance against a muscle, because the burn is what "we" want.

Bring drinking water and a sweat towel to this class — you'll probably use it! Libby pushes her students hard through two-minute aerobic intervals with one-minute breaks including resistance exercises.

At first it's fun and everyone's smiling easy, but by half-way through the class, even the gym rats weren't lifting their knees quite as high. Despite the challenge, everyone enjoyed running the obstacle course as it offers a break from the routine, while continuing a serious workout. The class is definitely done at a moderate to high impact level.

The instructor's enthusiasm coupled with having other people to work out is encouraging for many who find motivation a challenge.



"Christy," one of several base aerobics instructors, coaches a LAB (Legs, Abs and Butt) class through a set of crunches. Amy Huguen, a Bitburg High School student athlete, attends the free aerobics classes as a way to stay fit through the summer.